

28 October 2013

VICHEALTH'S \$1M FUNDING FOR LOCAL SPORT AND RECREATION CLUBS NOW OPEN

VicHealth is offering over \$1 million in community grants to get more people in Victoria physically active through its **Active Club Grants** funding round.

Grants of up to \$3,000 each are on offer to community sport and active recreation clubs across Victoria to assist with the purchase of essential sporting, and injury prevention and management equipment.

VicHealth CEO Jerril Rechter said this year's Active Club Grants have been modified from previous rounds.

"The Australian Sports Commission lists cost as the biggest barrier to organised sport, while the Sports Injury Prevention Taskforce estimates around 4,500 people drop out of organised sport due to injury each year in Victoria," Ms Rechter said.

"To address this, the amount of each grant has been increased, while the focus of the grants will tackle two major barriers that prevent people from taking part in sport and active recreation – cost and injury.

"These grants aim to make it a little easier for clubs to fund items or equipment to encourage people to join their club, and help them improve the safety of those taking part.

"For 25 years, VicHealth has provided small grants to more than 9,700 community sport and recreation clubs across Victoria. During this period, more than 1 million club members have benefited from this program."

"Regular physical activity not only protects against many illnesses, it also makes us mentally healthy, alert and resilient against the stresses of modern life."

Minister for Sport and Recreation, The Hon. Hugh Delahunty endorsed the grants. Mr Delahunty said regular physical activity is ranked second only to tobacco control as the most important factor in promoting good health and preventing chronic disease.

"Less than a third of the population are getting enough physical activity to benefit their health. As well as the physical benefits, research also shows that taking part in sport and active recreation builds community pride and loyalty and offers people the chance to get involved, providing them with improved mental wellbeing and social connection.

"Evidence suggests that habits are established early in life, and physically active children are more likely to mature into physically active adults."

Priority will be given to applications from clubs and organisations who can demonstrate that cost is a significant barrier to sport and active recreation due to socioeconomic disadvantage and those that are committed to reducing injuries.

For further information or to apply for this grant online, visit www.vichealth.vic.gov.au/activeclub.

The funding round closes 4pm Thursday 5 December, 2013.